

TVET CERTIFICATE IV in Football

Module Title: ADVANCED LEVEL FOOTBALL SKILLS

FOBAL401

Perform advanced level football skills

Competence



Credits: 8 Learning hours: 80

Sector: Sport

Sub-sector: Football

Module Note Issue date: June, 2020

Purpose statement

This module describes the skills, knowledge and attitude required to perform advanced football skills. It is designed for learners who have successfully completed certificate III in football or its equivalent and pursuing TVET certificate IV in football or any other related qualifications. At the end of this module, learners will be able to prepare for football drills, activities, games and competitions, participate in football drills, activities, games and competitions and review advanced skills performance. Qualified learners deemed competent may work with others for regional, national and international games and competitions under minimum supervision.

Table of Contents

Elements of competence and performance criteria		Page No.
Learning Unit	Performance Criteria	
1. Prepare for football drills, activities, games and competitions	1.1 Interpret football rules, regulations and policies	3-39
	1.2 Determinate biomechanical principles as applied to football.	
	1.3 Identify advanced skills of football according to the priority of importance when performing the skills	
	1.4 Identify advanced level of football player's skills applicable to each position and their purpose	
2. Participate in football drills, activity, games and competition	2.1 Continuous undertaking football drills, activities, games and competitions in a safe manner, according to relevant rules and organizational policies and procedures.	40-43
	2.2. Link the advanced level skills according to the performed formation of sequence movements in competition condition	
	2.3. Maintain effective communication with team members and coach during drills, activities, games and competitions	
3. Review advanced skills performance	3.1 Review of advanced level skills practiced throughout drills, activities, games and competitions	44-47
	3.2 Identify strengths and areas requiring improvement throughout drills, activities, games and competitions	
	3.3 Identify conditions and external influences affecting conduct of activities according to the identified contingency strategies to improve future sessions	

Total Number of Pages: 47

Learning Unit 1 – Prepare for football drills, activities, games and competitions

1. GENERAL INTRODUCTION

The most important trait that a footballer must have to achieve success in football is a burning passion and love for the sport. In order to achieve success, footballers put in incomprehensible hours of practice, and once they achieve success, they continue to do so. These hours not only include time on the pitch but also time spent watching football matches, analyzing them, reflecting upon a player's own performance on the pitch, etc. To achieve success in football, one must eat, sleep, and breathe football. Passion and love for the sport is often accompanied by extreme competitiveness.

Those who LOVE their sport LOVE to win. This competitiveness is certainly crucial to achieving success in football, but it should also be accompanied by composure and mental strength. The final trait a football player must possess to truly achieve success in football is self-motivation. As mentioned early, becoming one of the best in the world requires an incredible amount of practice.

To practice for the necessary amount of hours at the necessary intensity, serious footballers must put in extra hours and make all kinds of sacrifices including waking up early to train, adhering to a strict diet and exercise routine, and missing out on all kinds of experiences with their peers. Football requires complex motor skills, which are applied alternately during a match.

Therefore, it is hard to perform a separate analysis of the technical, tactical, physical and mental skills.

LO 1.1 Interpret football rules, regulations and policies

- FIFA laws of the game

A. The 17 laws of soccer



Soccer's rules and regulations are maintained and updated annually by the International Football Association Board (IFAB). The board consists of eight members, four of which come from FIFA, and the

other four coming from England, Scotland, Northern Ireland, and Wales all countries that contributed to the development of the sport.

FIFA's most recently published rule book is 140 pages long, which is a bit ambitious for the casual player who is just becoming familiarized with the game. For this reason, we have prepared a simplified version below that should allow you to learn the basic rules of soccer. It is also important to note that although FIFA publishes an established set of rules, they are often modified by national and regional leagues and organizations. With that, you should ensure that you inquire with your coach, fellow players or league manager regarding any rules that deviate from the norm.

IFAB currently acknowledges 17 laws of soccer that are the standard for any professional or international match played. They are as follows:

Law 1: The Field of Play

Soccer can be played on either grass or artificial turf, but the surface must be green in color.

The field must be rectangular in shape, and distinctly marked by two short goal lines and two long-touch lines.

The field is divided into halves, separated by the halfway line, which runs from the midpoints of each touchline. At the midpoint of the halfway line is a marked center point surrounded by a lined center circle with a radius of 10 yards. Opposing players are not allowed to enter this circle during the possessing team's kick-off. The length of the touch line must be greater than the length of the goal line.

Regulation lengths are:

Touch line: Minimum 90 meters (100 yards), maximum 120 meters (130 yards)

Width (goal line): Minimum 45 m (50 yds), maximum 90 m (100 yds).

At each end of the field is an eight-yard-wide goal centered along the goal line.

Six yards from each goal post along the goal line and six yards out into the field (perpendicular to the goal line) is the goal box.

Extending 18 yards from each goal post along the goal line and 18 yards out into the field (perpendicular to the goal line) is the penalty box.

In each of the four corners of the field is a five-foot-high corner flag.

Law 2: The Ball

A soccer ball must be spherical in shape and made of leather or another comparable medium. Its circumference must be in the range of 27 to 28 inches. This rule is only applicable for official sanctioned matches, as youth leagues often employ the use of a smaller ball that is better suited to children.

Law 3: The Number of Players

Matches are generally played by two teams of 11 to a side. The goalkeeper is included in the 11-player total. If a team cannot field at least seven players at match time, the game is a forfeit. Teams of fewer than 11 a side can often be seen in youth leagues where smaller teams are used as a developmental tool. FIFA-sanctioned matches are generally limited to three substitutions per match, with the exception of friendly matches. Most youth leagues allow an unlimited number of substitutions, which must also be listed on the game card prior to the beginning of the match, otherwise those players are ineligible. Substitutions may

only enter at the halfway line, upon the referee's approval, and after the player being subbed out has left the pitch. The goalkeeper may be substituted with anyone on the pitch or any eligible substitute on the bench during a game stoppage.

Law 4: The Players' Equipment

All players are required to wear a jersey, shorts, shin guards, socks and cleats. The socks must cover the shin guards entirely. If the referee deems a player's equipment unsatisfactory, the player can be sent off until the issue is remedied.

Law 5: The Referee

The referee is the authority on the field, and his word is law. If you question a referee's decision, you can be disciplined further simply for dissent.

Law 6: The Assistant Referees

The assistant referees are primarily responsible for assisting the referee in performing his duties – this includes signaling with a flag when a ball goes out of play, when a player is fouled, or when a player is in an offside position.

Law 7: The Duration of the Match

A soccer match is comprised of two 45-minute halves, with extra time added for each at the referee's discretion. The halves are separated by a half-time period not to exceed 15 minutes. The extra time generally corresponds with the referee's determination of how much time was taken up due to substitutions and injuries. The amount of extra time is announced and displayed at the half line at the end of each 45-minute period. Although soccer does have an allotted time limit, it is ultimately up to the referee's as to when to end a match.

Law 8: The Start and Restart of Play

Kick-off is generally determined by a coin toss, whereby the winning team can either choose to start with the ball or choose which goal they would like to attack. The losing team is then afforded whatever choice the winner does not elect to take. Kick-off occurs at the start of each half, and after each goal scored, and is taken at the center of the halfway line. If a team scores a goal, the opposing team is given the kick-off to restart the match.

Law 9: The Ball In and Out of Play

The ball is out of play when it fully crosses either the goal line or the touch line. It is also out of play if the referee stops play for any reason. If, for any reason, the ball strikes the frame of the goal or the referee and remains within the goal and touch lines, it is still in play.

Law 10: The Method of Scoring

A goal is scored when the entire ball has crossed the goal line within the frame of the goal. At the end of the match, the team with the most goals is the winner, barring the circumstantial necessity for extra time.

Law 11: Offside

When an attacking player receives the ball while on his opponent's half, he must be level or behind the second to last defender (the last typically being the goalkeeper). However, this rule only applies if he is

involved with the play. To get a better understanding of the offside rule, please see the guide section for a more detailed explanation.

Law 12: Fouls and Misconduct

A direct free kick is awarded when a player:

Kicks or attempts to kick an opponent

Trips or attempts to trip an opponent

Jumps at an opponent

Charges an opponent

Strikes or attempts to strike an opponent

Pushes an opponent

Tackles an opponent

Holds an opponent

Spits at an opponent

Handles the ball deliberately

If any of these are fouls are committed by a player in their team's penalty area, the opposing team is awarded a penalty kick.

Indirect free kicks are awarded if a player:

Plays in a dangerous manner

- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his/her hands
- Commits any other unmentioned offense

Yellow cards are awarded as a caution or warning to a player and can be issued for the following offenses:

- Unsporting behavior
- Dissent by word or action
- Persistent infringement of the Laws of the Game
- Delaying the restart of play

Failure to respect the required distance when play is restarted with a **corner kick, free kick, or throw-in**

Entering or re-entering the field of play without the referee's permission deliberately leaving the field of play without the referee's permission.

Red cards are used to send a player off the field, and can be issued for the following offenses:

- Serious foul play
- Violent conduct

- Spitting at an opponent or any other person
- Denying the opposing team, a goal or an obvious goal-scoring opportunity by deliberately handling the ball (the goalkeeper being an exception)
- Denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
- Using offensive or abusive language and/or gestures
- Receiving a second caution (yellow card) in the same match

Law 13: Free Kicks

Free Kick is broken into two categories, direct and indirect. A direct kick can be shot directly into the opponent's goal without touching another player. An indirect free kick is indicated by the referee raising his hand during the kick. An indirect kick can only go into the goal if it has subsequently been touched by another player before it enters the goal. The ball must be stationary for both types of kicks.

Law 14: The Penalty Kick

A penalty kick is awarded either when a defensive player fouls an attacking player or commits a handball in his/her team's penalty area. The penalty kick is placed at the penalty spot, and all players on both teams must remain outside the penalty box during the shot. They may enter the box immediately after the shot is taken. The goalkeeper may move horizontally along the goal line before the shot is taken, but he may not come off the line until the ball is struck.

Law 15: The Throw-In

A throw-in is awarded when the possessing team plays the ball out of bounds over the touchline. While taking a throw-in, a player must release the ball with both hands simultaneously and keep both feet firmly planted on the ground. If these conditions are not met, play is stopped and the throw-in is given to the opposing team. Players are not allowed to score directly off a throw-in.

Law 16: The Goal Kick

A goal kick is awarded when the offensive team plays the ball out of bounds over the defensive team's goal line. After the ball is out of play, the defender or goalkeeper may place the ball anywhere within the six-yard goal box and kick the ball back into play.

Law 17: The Corner Kick

A corner kick is awarded to the offensive team when the defensive team plays the ball out of bounds over its goal line. The ball is placed within the corner area and is kicked back into play by the offensive team. Players can score directly off a corner kick.

B. FIFA world cup rules and regulations

- General provisions
- FIFA World Cup Russia
- Organizing Association responsibilities
- Organizing Committee for the FIFA World Cup™
- Participating member associations
- Entries for the FIFA World Cup™
- Withdrawal, unplayed matches and abandoned matches

- Replacement
- Eligibility of players
- Laws of the Game
- Goal-line technology
- Refereeing
- Disciplinary matters
- Medical/Doping
- Disputes
- Protests
- Commercial rights
- Operational guidelines
- Preliminary competition
- Entry form
- List of players
- Preliminary draw, format of play and group formation
- Venues, kick-off times and training sessions
- Stadium infrastructure and equipment
- Footballs
- Team equipment
- Flags and anthems
- Media
- Financial provisions
- Ticketing
- Liability 5ContentsArticlePageFinal competition
- Number of teams and draw
- Final competition format
- Group stage
- Round of sixteen
- Quarter-finals
- Semi-finals
- Final, play-off for third place
- Friendly matches before the competition
- Venues, dates, arrival at the venues and official team hotels
- Stadium infrastructure and equipment
- Official training in the stadiums and pre-match warm-up
- Flags and anthems
- Training sites
- Entry form
- List of players and accreditation
- Rest period and preparation phase
- Start list and substitutes' benches
- Footballs
- Team equipment
- Media
- Financial provisions

- Ticketing
- Trophy, awards and medals
- Final provisions
- Special circumstances
- Matters not provided for and force majeure
- Prevailing set of Regulations
- Languages
- Copyright
- No waiver
- Enforcement

C. FERWFA rules and regulation

You can check this address

http://www.ferwafa.rw/IMG/pdf/reglement_des_competitions-min.pdf

D. CAF rules and regulation

You can check this address

<http://www.cafonline.com/LinkClick.aspx?fileticket=DM45ldVYp2A%3d&tabid=125&portalid=0&mid=590&language=en-US>

LO 1.2 – Determinate biomechanical principles as applied to football

- Biomechanics principles

What is a biomechanical principle?

The principle of force causes movement — that's the fundamental principle of biomechanics. All error detection should be based on this principle. The movement you see occurs because of the forces that were applied. Bad movement reflects bad force.

Biomechanics is “the science concerned with the internal and external forces acting on a human body and the effects produced by these forces. The following is a summary of biomechanical principles involved in sports skills.

- balance
 - motion
 - force
 - momentum
 - power

A. biomechanics behind a soccer free kick

Biomechanical principles behind the soccer free kick

Soccer, or Football as it is internationally known is one of the most popular sports played amongst the world. The game has evolved into the 'world game' with it being a multi-million dollar industry. Some of the highest paid athletes come from this sport.

The sports main skill is kicking the soccer ball to either evade the opposition or evade the goalie to score a goal. Players are able to kick accurate over long distance making the ball swing in order to evade the opposition. An amazing skill such as this requires further investigation in the biomechanical principles that occur in a soccer free kick. The following blog will examine:

- Physiology and development
- the components of a free kick
- how the ball curves
- how we can further use this information

Physiology and development:

The soccer style free kick only last for 5 - 10 seconds. Intensity and Power of the kick is determined by the distance away from the goal and the distance the ball has to travel. As with any action lasting 5 - 10 seconds, the kicker is purely using the energy system ATP - PC (adenosine triphosphate-phosphocreatine) for this action. Powers, S, and Hawley, E (1997).

Kicking is a complex motor skill which many people learn as children. Kicking skills will develop rapidly between the ages 4 - 6. By the age of nine the kicking pattern is mature and does not develop further. Barfield, B (1998). The biomechanical difference between the expert and the novice footballer is that elite footballers use a refined and consistent movement pattern whereas a novice uses a variable and inconsistent movement pattern. Phillips, S (1985). A successful kick is either measured in terms of the velocity of the ball which relies on greater swing of limb/foot speed and/or the accuracy of direction of kick, this relies on the position of the planted foot and hip position at impact.

Table 1: Muscular action during kicking preparation

Body part	Action	Muscles
Trunk (umutsiwijos)i	Stabilization of rotation to the right	Abdominals, psoas major, erector spinal and spinal postural muscles
Right hip	Extension	Gluteus Maximus and hamstring group
Left hip	External rotation and eccentric extension	Gluteus med, gluteus min, hamstring group and adductor magnus

Right knee	Flexion	Hamstring group and popliteus
Left knee	Eccentric extension	Quadricep group
Right ankle	Plantarflexion	Plantarflexors
Left ankle	Eccentric plantarflexion	Plantarflexors
Left shoulder	Abduction	Middle and anterior deltoid and supraspinatus

When beginning to look at the biomechanics of a soccer free kick it is best to break the skill down into smaller focus areas. Six stages were found in the step by step breakdown of this skill. these six stages are as followed:



The approach:

The soccer free kick can either be performed from a stationary start (one step) or a distance from the ball. An elite soccer athlete tends to approach the ball with a several step run up. elite athletes tend to take longer strides than novices as they approach the ball (Abo-Abdo, 1981). The angle of the body in the approach is the main focus of this section. the optimal angle for this approach is 45 degrees from the ground. This angle is optimal because it produces greater limb-swing velocity. This results in an increased peak ball velocity, Isokawa and lees (1998)

Foot plant:

The next component to the free kick is the foot plant force. As explained in Abo-Abdo, (1998) when kicking the ball there is a direct relationship between where the planted foot is facing and the direction the ball is going to travel. Therefore, an optimal foot plant position is perpendicular to the center of the ball. The planted foot should optimally land between 5 - 10 centimeters behind the ball or 5 - 28 centimeters (Hay, 1993). If the kickers foot exceeds 10cm from the ball the players balance will be effected, which intern, will affect the direction of the ball.

Limb-swing:

This stage happens almost simultaneously with the foot plant. this stage focuses on the backwards leg swing in preparation to make contact with the ball. During this phase the kickers eyes must be fixed on the ball. The opposite arm is raised and pointed in the direction the player wants the ball to travel, this is done

to counter balance the rotating body. As the planting foot comes into contact with the ground adjacent to the ball, the kicking leg is extending and the knee is flexing. this is important because the purpose is to store elastic energy as the swinging limb is passively stretching to allow a greater transfer of force to the ball during the downward phase of the kick, Barfield, B (1998).

Hip flexion and knee extension

Stage four in purely focusing on the hip flexion and knee extension. The hip flexors initiate this phase of the kick. The thigh is swung forward and downward with a concomitant forward rotation of the lower leg/foot. As the forward movement of the thigh begins to slow, the leg/foot begins to accelerate. This is because of the combined effect of the transfer of momentum and release of stored elastic energy in the knee extensors. the knee extensors then powerfully to swing the leg/foot towards the ball.

As the knee of the kicking leg is passing over the ball, it is forcefully extended while, in contrast, the foot is plantar flexed. This exposes the medial dorsum (top part of the foot), which is propelled at the ball.

A linear relationship between the foot velocity and resultant ball velocity is evident. Foot speed is governed through a combination of hip rotational torque, hip flexor strength and quadriceps strength. at the end of the swing phase, just prior to ball/foot contact, the hamstrings are maximally active to slow the leg eccentrically, Wahrenburg, H et al, (1978). this is known as the 'soccer paradox'.

Foot contact with the ball

At this point the positions of the kickers feet are crucial to the success of the kick. According to various studies the foot is only in contact with the ball for 6 - 16 milliseconds. With reference to kinetic energy only 15% is transferred form the swinging limb to the ball. The rest is dissipated by the eccentric activity of the hamstring muscle group used to slow the limb down (1978). Because of the large forces involved in this stage of the kick injury is most likely to occur in the hamstrings.

Upon impact of the ball, elite athletes often contact the ball on the top of the foot closer to the ankle joint. This is to create a larger platform of friction for the contact between the ball and the foot. If the ball was contacted with the toes first less control is manufactured over the direction of the ball compared with contacting the ball at the top of the foot.

Follow through:

The follow through is the last stage in the kicking sequence and serves a strong purpose in two different areas. The first is to keep the foot in contact with the ball for as long as possible. As is all ballistic movements the longer contact time is achieved, greater speed will be achieved through the ball, Barfield, B (1998). This is important from a soccer point because less contact in the follow through stage with the ball will not give it enough power and speed to evade the goalie.

The second purpose of the follow through is injury prevention. As going on from the point previously made, if the follow through kicking leg is suddenly slowed greater strain is put on the hamstring muscle group increasing the risk of injury, (Hay, 1993).

Football free kick slow motion video

B. The Magnus Effect

The Magnus effect was discovered through the interest of why cannon balls were swinging through the air

when fired. Physicist Gustav Magnus was interested in this notion to the point of discovering what is now known as the Magnus effect. This effect ties in with Newton's third law of physics 'for every action, there is an equal and opposite reaction'. The Magnus effect is a lift force that is used to change the flight path of a ball. It is a force (air) perpendicular to the spin axis. In the example of soccer the Magnus effect is used to curl or bend the ball in order to score a goal past the goal keeper or bypass a defensive wall of opponents. It is commonly used for a soccer free kick.

Imagine the ball is kicked and as it is kicked it is rotating through the air in a clockwise direction on an axis perpendicular to the direction in which it is moving. The ball would be experiencing a lift force that pushes upward on the ball as it travels through the air, this is due to the spinning ball grabbing the air that flows past it caused by friction between the ball and the air flow (Blazevich, 2010). Air particles begin to spin with the ball, this being known as the boundary layer of air. The collision between the oncoming air and the ball or air spinning with it causes the air on one side of the ball to slow down. On the other hand, the other side of the ball the air moves past relatively unimpeded, therefore creating greater speed of air flow on one side of the ball.

How can we further use this information?

The bio mechanics behind any sort of skill is essential for a coach to understand and utilise in a coaching situation. This information provided will hopefully either benefit players who are interested in bettering their skills and also coaches who aren't quite sure of the bio mechanics involved in this particular skill. This bio mechanical principle behind the soccer free kick can also be used in a wider range of other sports such as AFL, rugby and American football. It can also be useful to a physical education teacher as a step by step guide into teaching the soccer kick.

- **Angular Velocity of the lower limbs (support leg)**

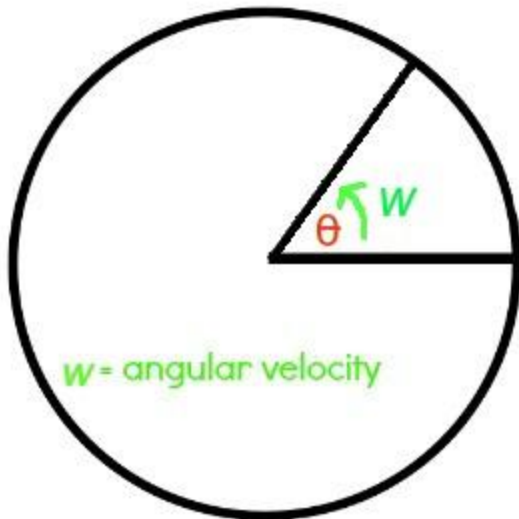
The angular velocity of an object is the object's angular displacement with respect to time. When an object is traveling along a circular path, the central angle corresponding to the object's position on the circle is changing. The angular velocity, represented by ω , is the rate of change of this angle with respect to time

the angle where the subject started making kick and the angle when kicking in ball is carried out. The reading angle also gained by using reading at every frame. This angle was measured from hip point, knee point and ankle point of the kicking leg. The length, speed and angle of approach are the most important aspects of this preparatory movement which has a significant effect on soccer kick success

If you know that a particle is moving in a circular path with a velocity v at a distance r from the center of the circle, with the direction of v always being perpendicular to the radius of the circle, then the angular velocity can be written

$$\omega = v/r,$$

- **Coefficient of restitution (ball-foot contact phase)**



The coefficient of restitution (COR) is the ratio of the final to initial relative velocity between two objects after they collide. It normally ranges from 0 to 1 where 1 would be a perfectly elastic collision. A perfectly inelastic collision has a coefficient of 0, but a 0 value does not have to be perfectly inelastic.

The value is almost always less than one due to initial translational kinetic energy being lost to rotational kinetic energy, plastic deformation, and heat. It can be more than 1 if there is an energy gain during the collision from a chemical reaction, a reduction in rotational energy, or another internal energy decrease that contributes to the post-collision velocity.

The coefficient of restitution $e = \frac{\text{relative velocity after collision}}{\text{relative velocity before collision}}$

Relative velocity before collision

- Ground reaction force (force absorption)

In physics, and in particular in biomechanics, the ground reaction force (GRF) is the force exerted by the ground on a body in contact with it.^[1] For example, a person standing motionless on the ground exerts a contact force on it (equal to the person's weight) and at the same time an equal and opposite ground reaction force is exerted by the ground on the person.

In the above example, the ground reaction force coincides with the notion of a normal force. However, in a more general case, the GRF will also have a component parallel to the ground, for example when the person is walking – a motion that requires the exchange of horizontal (frictional) forces with the ground.^[2]

The use of the word reaction derives from Newton's third law, which essentially states that if a force, called *action*, acts upon a body, then an equal and opposite force, called *reaction*, must act upon another body. The force exerted by the ground is conventionally referred to as the reaction, although, since the distinction between action and reaction is completely arbitrary, the expression *ground action* would be, in principle, equally acceptable

LO 1.3 – Identify advanced skills of football according to the observable body movements

ADVANCED SKILLS OF FOOTBALL:

A. INDIVIDUAL TECHNIQUES

1. Passing

Passing the ball is a key part of association football. The purpose of passing is to keep possession of the ball by manoeuvring it on the ground between different players with the objective of advancing it up the playing field

Football is a space invasion game. If the team can't bring the ball forward to invade the space in opponent's half or defending third, they can't score. Therefore, his philosophy is that the player should always try to play the ball forward whenever possible. He thought attitude (positive or negative) is the key difference between success and failure. Forward passing is only one of the ways to achieve this goal. For instance, the player can make a shot, dribble or run with the ball to play the ball forward also. The following table briefly summarizes his thought in comparing direct play with possession play:

Possession Play	Direct Play
<ul style="list-style-type: none"> • Playing to avoid defeat • Fear of losing the ball • possession play can be used with positive attitude to penetrate the defense of opponent. • Possession play can be interpreted as looking for the best chance to attack and they will attack it directly when the opportunity comes. 	<ul style="list-style-type: none"> • Playing to win • Desire to score

passing check list explain and give a guideline to players how to play forward whenever possible. The check list is in order of priority from an attacker's point of view.

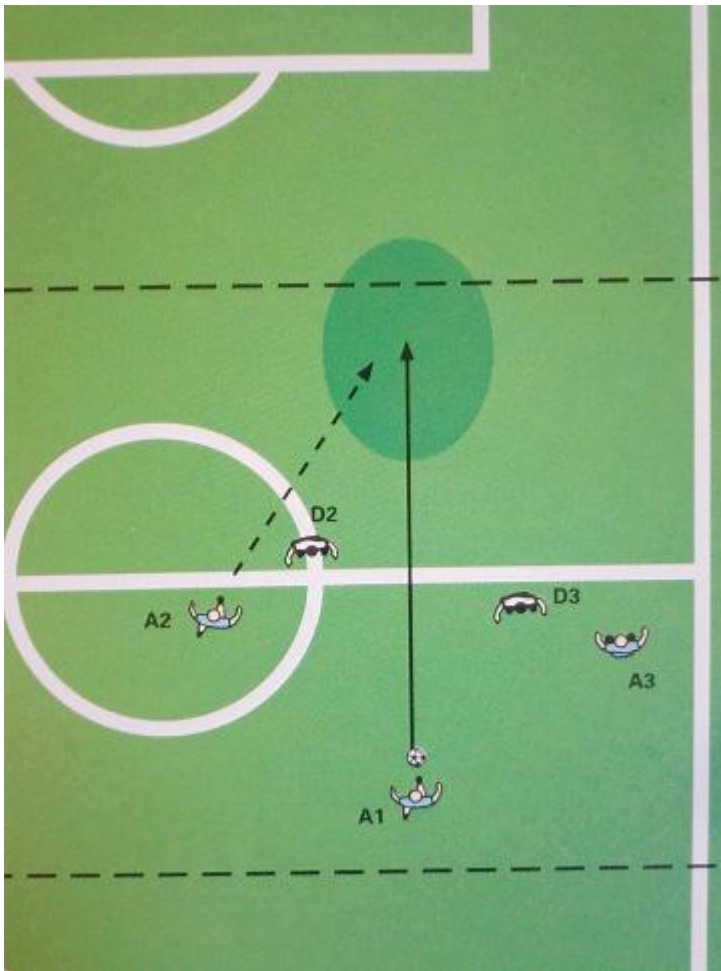
Passing Check list:

1. A pass into space behind the defence
2. A pass to the feet of the most advanced attacker
3. A pass beyond at least one defender
4. A cross-field pass to switch the line of attacker
5. A pass backwards to a supporting player

1. A pass into space behind the defence:

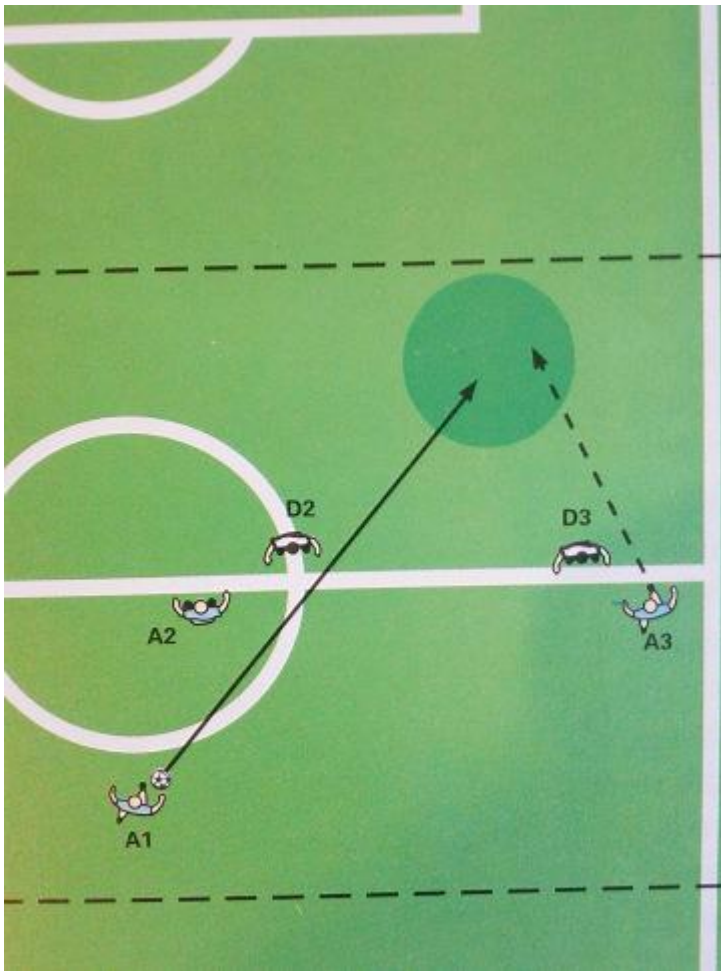
This type of pass is in the top of the priority list because it can cause the defenders more problems. After the pass, the defenders are not facing the ball anymore, they have to turn around and run towards their goal. There are three ways to execute this type of passing.

1.1. Between the center back and the full back – straight pass



centre forward makes a diagonal forward run

1.2. between the center back and the full back – diagonal pass



The ball is played diagonally from central position for winger to run into space behind full back

1.3. diagonal pass over the head of defenders



The aim is to invade the space behind defenders for centre forward or winger making forward runs

1. Passing to feet of the most advanced attacker

It is played behind most of the opponents in order to make them turn around and retreat

2. Other forward pass (beyond at least one defender)

The attacker should play the ball past as many opponents as possible (Penetration)

The defenders have to adjust their positions after that.

3. Switching the attack

If the attack is on one side and there are too many players congested in a tight area, it means there will be space on the other side. The attackers should be ready to exploit it.

4. Passing back – the last resort (to supporting player)

The supporting player should have the time, space and field of vision to play the ball forward

2. Shooting

Shooting is easily the most common way for [goals to be scored](#). It is done using the feet; using the head, i.e. heading the ball, is the second most common way in which goals are scored.

Types of shots

Depending on the part of the body and foot used:

[2]

1. Standard shot

To perform a standard shot, player comes at the ball at a slight angle and kicks the ball with the area around the knuckle of his big toe.

2. Straight shot/Instep drive

To do a straight kick, player comes at the ball straight then kicks it with the the laces of his foot (ankle is locked). The straight shot is easier to keep low than standard shot since it's hard to follow through with the kicking leg high in the air. The shot is powerful but less accurate.

3. Inside shot

To perform an inside shot, player moves his hip outside and back then kicks the ball with the middle of the inside of his foot.

4. Outside shot

To do an outside shot, the ball is sliced with the outside of the foot.

5. Toe shot/toe punt

To do a toe shot, player sticks his leg forwards and kicks the ball with his toe. Leg is not moved back to build momentum like when performing every other type of soccer shot. Used with less frequency, and also known as the "toe poke", it is a quick strike which requires little motion, it is often utilized to fool or

surprise opponents who would normally not expect this type of shot, such as when Ronaldo used it to score Brazil's decisive goal in the semi-final of the 2002 World Cup against Turkey.

6. Heel shot

7. Head shot: an attempt to put the soccer ball into the net by using the head.

Players also sometimes use chest or back to transfer (pass) the ball to a teammate or as part of a dribbling motion. Examples are Ronaldinho and Cristiano Ronaldo. depending on the ball movement

These types of shots are most usually used in free kicks, corner kicks and shots on goal:

1. Bending shot / Swerve shot / Curl

Sometimes mistakenly called curve. Any of part of the foot can be used to do a bending shot. Using the inside or outside of the foot produces the most bend. To do a bending shot, player kicks the sides of the ball at an angle. If he uses the inside of the foot, he wraps his leg around the ball and follows through to the outside of his body. If he is using the area around the knuckle of his big toe or the outside of the foot he follows through across his body. Is usually but not exclusively used in [free kicks](#). The ball bends or swerves in such a way that it beats the keeper, the only drawback is that it lacks great power. ^[1]

2. Side curled

If it is curved with outside of the foot it is called Outside Bend (or Banana if the bend is pronounced enough) and the technique is called trivial.

Straight curled (Dip or Dipping shot)

The top spin technique of putting straight curl on a ball is known as a dip.

3. Knuckleball / Dry leaf

A free kick or shot from distance that has no spin and has erratic movement, Juninho

4. Driven shot / Power shot

The type of shot can be

- Low
- High
- Dead ball

Not a special type of shot but a result of different shots. It is reflected in a sudden drop or dip of the ball. It can be a result of a knuckleball shot or a straight curled. In the case of the latter it is called top spin dead ball or dipping dead ball. Not every knuckleball shot is a dead ball.

5. Special (Trick) shots

This shot focuses on getting the ball to a certain amount of vertical height, where the goalkeeper can't reach it and then have it come back down again into goal, it takes a certain amount of technique and precision to do and players such as Raúl González, Cristiano Ronaldo, Chip shot / Lob

Soccer shooting tips:

- Observe the goalkeeper's position.
- Select the best technique for your shot.
- Put your non-kicking foot alongside the ball.
- Keep your head down and your eyes on the ball when striking.
- Keep your body over the ball.
- Make contact with the middle to top half of the ball.
- Maintain your composure.

3. Heading

Header is a technique that is used in association football to control the ball using the head to pass, shoot or clear. This can be done by standing, jumping or diving position. Header is a common technique and is used by players in almost every match.

Attacking Header.

Attacking header techniques are football skills for directing the ball downwards to score goals, and win the ball in the air. The key to the attacking header is to get the eyes over the ball, so that you are attacking the ball from above.

How can I improve my football heading?

To achieve this, as well as the drills already mentioned, players should:

- Keep their eyes below the ball.
- Head the bottom half of the ball.
- Be almost side-on with the body.
- “Attack” the ball.
- Take off on one foot.
- Use the arms for elevation.
- Arch the back before heading the ball.
- Head the ball at its highest point.

Heading the ball you must:

1. Watch the ball.
2. Keep their eyes open.
3. Head the ball with the forehead.
4. Aim for the middle of the ball.

4. Trapping the ball

Trapping the ball is an essential part of soccer, which means that every soccer player should learn to do it correctly. Most coaches preach possession since more possession usually means more wins, and trapping allows you to retain possession for your team.

Learning to trap the ball correctly will help many other parts of your game, including dribbling and passing. Just watch any of the best dribblers in the world and you will see that trapping is a huge reason why they are considered the best.

- **Types of Soccer Traps**

It may seem like there are hundreds of ways to trap a soccer ball, but in reality, there are only five that you need to know:

- Step Trap – Simply step on the ball to trap it.
- Inside Trap – Stop the ball with the side of your foot.
- Thigh Trap – Use your thigh to trap the ball when the ball is lower than your chest but too high for your foot.
- Chest Trap – Use your chest to cushion the ball down to your feet.
- Head Trap – Similar to the chest trap, but you use your head to knock the ball down to your feet.

Trapping a Ground Pass

When you are receiving a ground pass, you will want to use the inside trap so you can increase the chances of pushing the ball out in front of you. Ground passes are the easiest to trap in most situations, and they allow players to make multiple one-touch passes when they are moving the ball up the field.

Trapping an Aerial Pass

The type of soccer trap to use when receiving an aerial pass depends on the height and speed of the ball, which is why it is important to practice every type of trap. Your overall goal is to get the ball to your feet so you can control it, so use any (legal) part of your body to cushion the ball down when it is coming to you through the air.

Trapping a Bouncing Pass

Bouncing passes can be very tricky to trap, but sticking with the fundamentals of trapping makes it much easier. In most situations, it will be easiest to stop a bouncing pass with an inside trap since you have more control over where the ball will end up and there is a lower chance of it getting past you.

Keeping the Ball Close

It isn't too hard to make contact with a pass that comes to you, but it can take some time to make it stick near you. Your overall goal when trapping is to make sure that you can do something with the ball as quickly as possible. Having to put too much focus on retaining possession can lead to miskicks and turnovers.

One of the easiest ways to get used to trapping the ball close to you is to pretend that you have a loop around you that is three feet in diameter. If you work on never allowing the ball to go outside of

that loop when you are trapping the ball, then you will have a much higher chance of successfully completing the trap.

Trapping the Ball in Open Space

The most important thing to keep in mind when you trap the ball in space is to get your body facing towards the opponent's goal as quickly as possible. Since you are not under pressure, you have more time to back up and get the ball to your feet, but you should try to trap it in one touch into open space.

Even though trapping the ball in open space is easier than when you have a defender close to you, it is vital that you trap the ball as quickly as possible. That way you get more time on the ball and you up your team's chances of having a successful possession.

Trapping the Ball While Under Pressure

When there is pressure on you, you want your first touch to push the ball away from the defender. No matter what type of trap you use, aim the ball so that your body is between the ball and the defender, and so you have a higher chance of either dribbling around them or completing the next pass. Keep your composure with the ball at your feet and you will have a high chance of getting away from the defender.

Feint and dribble

Dribbling is maneuvering a ball by one player while moving in a given direction, avoiding defenders' attempts to intercept the ball. A player can dribble with their legs

a dribble is one of the most difficult ball skills to master and one of the most useful attacking moves. In typical game play, players attempt to propel the ball toward their opponents' goal through individual control of the ball, such as by dribbling (the usage of technical maneuvers). In order to go past an opponent, dribbling can involve a wide variety of manipulative tricks and [feints](#);

You're probably tempted to say that ball control is the only skill involved in dribbling, **but in truth there are a lot more factors that need to be added up for a successful dribble:**

- **Control**
- **Acceleration**
- **Feinting Ability**
- **Timing**

The most basic way to beat a player is to use PAD (Pace And Direction) basically wait until approaching an opponent, then slow down start moving in one direction and then suddenly 'explode' the opposite direction, there are many styles of doing this and learning which way you do it most effective is the foundation to becoming a good dribbler, most tricks you will find work more effective if you learn how to do this first.

Using your whole body when dribbling is important

1. Your Feet: **Control**
2. Your Legs: **Speed and Agility**

3. Your Torso: **Balance**
4. Your Arms: **Protecting the Ball and Balance**
5. Your Head: **Thinking**

6. You can also use a lot of your body for feinting

Your Feet

Your Legs

Your Shoulders

Your Eyes

5. Ball control

An offensive strategy in which a team tries to keep possession of the ball for extended periods of time.

Getting and keeping the ball under control is an important skill a football player has to learn and in response to this

How can I improve at football?

Steps

1. Practice juggling to improve your ball control. You don't need a lot of space to work on juggling. ...
2. Set up cones or flags for dribbling drills. ...
3. Kick the ball against a wall to improve your first touch. ...
4. Create a regular practice schedule. ...
5. Develop a specialty skill.

How to Control a Soccer Ball

Ball control is the most important soccer skill.

If you can't control the ball, you can't do anything.

This article will cover the four touches you need to control the ball and some tips to improve your ball control.

The 4 Types of Soccer Touches

Lace

Use the lace touch to dribble forward or diagonally.

You will dribble quicker with the lace touch than the inside touch. Use it to move into open space.

To perform a lace touch, lift up your knee, point your foot downward, lock your ankle, then touch the ball with your laces.

Inside

Use the inside touch to move horizontally, turn, and to dribble while shielding the ball (covered in our article, [How to Dribble a Soccer Ball](#)).

To perform an inside touch, move your leg outward slightly, lock your ankle, then touch the ball with the middle of the inside of your foot.

The ball should go across your body. If the ball goes too far in front of you or too close to you, adjust the angle of your foot.

Outside

Use the outside touch to accelerate past defenders, turn, and cut to the side.

This touch is quick and choppy like the lace touch.

To perform an outside touch, move your leg inward slightly, lock your ankle, then touch the ball with the middle of the outside of your foot.

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Sole

The soul touch is used to turn, beat defenders, and move in all directions.

The soul touch is underused. I've seen great players use this touch to devastate defenses. It's the hardest touch to master, but learning it is worthwhile.

To perform a sole touch, put your foot lightly on the ball. Roll the ball to the side. Perform a small hop with your other foot while rolling the ball. To use the sole touch to move forward, turn your body to the side.

Soccer Ball Control Tips

6. Learn ball control first

Learn how to control a soccer ball before focusing on [dribbling](#), [receiving the ball](#), and [other skills](#).

Master ball control, and you will become better at every skill in soccer.

7. Stay on your toes

Do you feel sluggish while controlling the ball?

If so, you're landing on your heels rather than the balls of your feet.

Stay on your toes.

8. Keep the ball close

If you let the ball get away from you it will get stolen by defenders.

Use small choppy touches to control the ball. You will move slowly at first, but you will get faster and faster (while keeping control of the ball) as you practice.

Keep the ball close. The ball should be glued to your feet.

9. Remember your place foot

When learning ball control, pay attention to your place foot (the foot not controlling the ball).

Your place foot affects your balance and momentum. It should always be a few feet away from your other foot.

When your place foot moves naturally to the right position (takes practice) you will become graceful and quick when controlling the ball.

10. Train both feet

You should practice every skill with both feet.

But if I had to choose only one skill to practice with both feet I would choose ball control.

You become effective on the pitch when you can control the ball with both feet. You can move and cut in any direction.

A common defending tactic is “force the player to control the ball with his weak foot.” If you don’t have a weak foot, defenders will have a hard time marking you.

Training your weaker foot is frustrating but worth it. You will get an edge over players that didn’t put in the extra effort.

11. Use every touch

You become deadly when you can use every touch.

You can quickly cut away from players with an outside touch, roll the ball away from defenders, dribble with speed and control, and turn easily.

Master all 4 touches and you will become an effective player.

12. Warm up with ball control drills

Most players don’t like practicing ball control.

It can be tedious and frustrating.

Focus on the hardest, most important skill at the beginning of a training session because you have more energy and focus.

So warm up with ball control for 15 to 30 minutes (after doing a brief active warmup). You will get ball control over with, over 1000 touches, loosen up your body, and get in some cardio.

Warmup with our favorite [ball control drills] every training session. Your ability to control a soccer ball will improve quickly.

13. Juggle

Juggling is an easier alternative to ball control drills (do both).

Focus on juggling and your ball control skill will improve. Read our article, [How to Juggle a Soccer Ball](#), for more information.

- **Running with the ball**

Running with the ball is used when there is space in front of you that you would like to exploit. When running with the ball a player uses bigger touches in order to get the ball out of his feet and into top speed as quick as possible

This is how an individual moves in free space with the ball. When a player is running well with the ball, he/she is in control of it at all times: this requires good balance and excellent stability. Running with the ball while keeping the head up allows a continuous flow of information to be received and allows movement to be adapted to play.

- **SOCCER Turns & Cuts**

In soccer, there's a certain art to turning and cutting with the soccer ball. It's all about timing and using your body to protect the ball. It's also about being aware of your surroundings on the field, knowing if there's a defender behind you or coming from the side

- **Attacking Play**

✓ Principle of attacks

The principles of attack will help a team in possession of the ball react to any situation during soccer. These principles apply regardless of the system of play and formation played by the team, and they will always apply, no matter how the game evolves. The principles of attack apply when a team is looking to keep possession of the ball, move the ball forward into an attacking position and create chances to score a goal. Principles of attack include the following:

- Penetration
- Support
- Width
- Mobility
- Improvisation and creativity

Penetration

is the ability to play through or behind the opposition. Penetration is achieved by exploiting space with good on- and off-the-ball movement. A key facet behind the principle of penetration is to encourage players to look forward and exploit the space behind the opponents.

Support.

To maintain possession and move the ball down the field, the player on the ball needs support . Forward, back and side support facilitate attacking options. When in possession, support requires good dispersal to spread the field. Angles, distance and timing of passes also become important.

Width.

Stretching the defence to create width should always be in the minds of the attacking team. Opponents can be stretched vertically or laterally. The ability to stretch opponents laterally across the field provides the opportunity for penetration through wide areas. Correct positioning also gives opportunities to switch the play to exploit the weak side.

Mobility.

Individual speed and the ability to interchange positions, or mobility , are important in contemporary soccer. The ability to interchange positions and provide good movement to support the play creates

attacking opportunities. Movement on and off the ball can create space for the first attacker or other players.

Improvisation and creativity.

Improvisation and creativity are the most exciting principles. They represent the ability to provide inventive and unpredictable play achieved through either individual skills or small-group combinations, such as one-on-one plays, one-two passes, overlaps or feint movements, to create attacking opportunities.

The events that occur immediately after regaining possession often determine the outcome of a competitive match. A fast, positive response at this time can catch teams off balance and in poor defensive shape. Transition should be discussed as part of the strategy and tactics of a team, and the principles covered in this section should be used.

- When your teammates have the ball, you should try to give support as often as you can
- This is sometimes referred to as leaving the passing shadow to give support
- Learn to see when and how you can give support in various situations
- You are giving support when the person with the ball can pass to you fairly easily
- We use this term both when you make yourself available for a pass behind and in front of the player with the ball
- It is difficult to give support yourself at all times
- In this case, you can position yourself so that you will probably be giving support in the next phase instead
- You can occasionally create space so that a teammate can give support instead
- The earlier you give support, the greater the chance that the person with the ball can pass to you
- If you delay, the person with the ball may be severely pressured and have difficulty passing to you
- Ideally, try to give support diagonally behind or diagonally in front of the person with the ball
- Then it usually is easy to reach you with a ball along the ground, especially over short passing distances
- Move about a lot to give support and feel free to perform various runs
- E.g. blind-side runs and v-runs
- Ideally try to give support side-on or facing the right way in the direction of the attack
- When we say side-on we mean half-turned in the direction of play
- You can then look forwards and check quickly and easily what to do next
- If you are being marked, feel free to make sure that your opponent is to the side of you
- In this case, try to receive the pass on the opposite side from the defender
- You can then screen the ball with your body as you trap it

- If you are giving support, you can indicate to the person with the ball that you are ready to receive the ball
- You can indicate this by trying to achieve eye contact with the person with the ball
- If necessary, you can also point to where you can best trap the ball
- If it is difficult for the person with the ball to see a solution, you can also call for the ball
- However, never interrupt a person with the ball who is already on the way to resolving a situation
- E.g. by calling for a pass at exactly that moment
- It is most disturbing if you then also call out the name of the person with the ball
- However, you should ideally disguise what is going to happen from your opponents
- When you have received the ball and passed, it is often important to give support quickly
- If possible, the person with the ball should always have at least two teammates giving support
- In this case, you can make your attacking play mobile and achieve quick, efficient passing play
- In addition, your opponent never knows what you are going to do
- For this reason, we have chosen giving support as one of the principles of good attacking play

1. **Passing play**

An offensive attempt to advance the ball via a forward pass from one player to another.

Vision is the ability to see potential passes. For example, a player with mediocre passing ability only sees what's directly in front of him. He passes the ball to a forward with a defender on his back. A player with good vision will quickly scan the field and find a better pass.

SECRETS

- As you hit the pass, you must be looking at the ball
- Otherwise, it is important to look up to check your passing options
- You need to look around you even before you receive the ball
- You will then see which players you can pass to when you receive the ball
- You also need to look up as often as possible when you have the ball
- This is partly to check again which players you can pass to
- You may have to change your mind suddenly and quickly find someone else to pass to
- You are also trying to achieve eye contact with the player you are going to pass to
- You can also check whether your team-mates are indicating where they want the ball
- Using your split vision, you can check your immediate surroundings at the same time as looking at the ball
- If you look up properly, you can also see any players to pass to further away

2-1 situations =wall pass

SECRETS

- The wall pass is an extremely good alternative when you want to get past an opponent
- Challenge your opponent and then wall pass to a team-mate who is giving support
- Your team-mate normally gives support diagonally in front of you and will pass back in the direction of your run
- An unmarked team-mate can turn in the direction of the pass during a wall pass
- It is then possible for him or her to pass safely with the back foot, that is the back foot in relation to you
- A team-mate who is being marked also needs to screen the ball from his/her opponent
- In this case, it is best to pass with the nearest foot, the foot furthest away from the opponent
- At the same time, your team-mate will disguise the pass better from his/her opponent
- You have to wall pass at high speed to succeed
- The greater your speed from the beginning, the better your chance of getting past the defender
- For this reason, it is best to be moving at high speed even before you pass the ball
- If you are moving slowly before you pass, you have to dodge at the same time as passing
- You then follow up your increase in speed after you have passed the ball as well
- In order to succeed, it is also important to get close to the defender before you pass
- However, never so close that you give your opponent too great a chance of reaching the ball and intercepting
- If you pass with the outside of the foot, you can both move at high speed and get close to the defender
- In this way, you can also disguise the pass from your opponent for a long time
- It is occasionally difficult to run away from your opponent immediately after passing
- In this case, your team-mate can help by delaying the pass back to you
- Your team-mate can e.g. use two touches instead of one
- Your team-mate can fool your opponents by occasionally turning with the ball him/herself
- Wall passes can be performed in various directions, in different positions and at various angles
- Wall passes can be performed in the air and in small areas inside your opponents' box
- Learn to recognize how to give support for wall passes and how to perform wall passes
- A variation of the wall pass is to double pass in various ways
- Your team-mate then gives support a second time after the wall pass

- You can then pass back to him or her again immediately after the wall pass
- It will be like two wall passes or three passes in a row, you can call it a triple pass if you want to
- The person with the ball can also feint a pass and dribble past the opponent
- Occasionally, your team-mate can pass to a third player instead of completing the wall pass

Diagonal run

Secrets

- When you make deep runs diagonally forwards at high speed, this is known as a diagonal run
- You can lose your marker and give support when you make a diagonal run forwards
- Pass to the player making the diagonal run in good time and in the direction the player is running
- Your diagonal run also makes it easier for your team-mates to give support
- They can e.g. make diagonal or deep runs into the spaces you create with your run
- The person with the ball can pass to a third player instead of to you
- The person with the ball can also take the opportunity to perform a passing move and advance him/herself
- Diagonal runs are made without the ball and ideally in behind your opponents' players
- This can take place both in midfield and in attack
- It is a good way to avoid going offside when your opponents are using offside tactics
- You will gradually learn to start moving and make diagonal runs at the right moment
- You will learn to recognize how you should run and when you should start moving
- E.g. to run in good time, to run long when necessary and to avoid going offside
- Learn to make long diagonal runs
- Practice making diagonal runs in different directions
- Learn to make diagonal runs in small areas inside your opponents' box
- Learn to start your run even before the player who is going to pass to you has received the ball
- In this way, you will get up to speed before you receive the ball
- And your team-mate can pass to you before he or she comes under too much pressure
- E.g. pass to you with one touch
- When you make diagonal runs without receiving the ball, you should ideally still follow up your run
- If there is a risk of you going offside, make e.g. a new run in a different direction
- A team-mate can then make a run instead without going offside

- **Crosses**

Crossing the soccer ball is about picking out a player in the goal box so they can score. Usually, the cross will come from a wide area on the soccer field

6 Steps to Learn How to Cross a Soccer Ball

1. Run Towards the Ball

Run straight. When you get close to the ball cut outside for a couple steps then turn your body towards the ball when cutting inside. Imagine running the lines of half a circle.

When you run the half circle correctly you will face the ball before crossing.

2. Look up (optional)

Don't look up when you're under intense pressure. Doing so will delay your cross, which may allow a defender to block it.

When you don't look up, cross the ball into the middle of the box since your forward(s) should be in that area.

Having said that, you should always look up before crossing if you don't have to cross the ball quickly. Looking up will increase the quality of your crosses.

Looking up lets you see the runs your teammates are making and who's marked. Use this information to target a specific player and determine what kind of cross you will use. For instance, if a player is open and making a run to the near post you can play the cross on the ground.

3. Look at the ball

What part of the ball you look at depends on the type of cross.

If you want to drive the ball in the air or cross on the ground target the middle of the ball. If you want to add more loft target the bottom of the ball.

4. Wrap your foot and body around the ball

Angle your feet and body so that they are facing where you want to cross the ball.

Your cross will go too far forward if you don't wrap your foot and body around the ball. As a result, it will go to the goalie or behind the goal.

5. Cross the ball

Put your place foot (non kicking foot) even with the ball then kick the part of the ball that you targeted in step 4.

Follow through so that your leg is high in the air. A good follow through will ensure that the ball has enough loft.

Follow through normally if you want to kick a low cross or a cross on the ground.

6. Prepare for a pass

Most of the time your crosses will end in a goal, out of bounds, in the goalie's hands, or to defenders (who will clear the ball).

However, sometimes the ball comes back to you either in a rebound or a pass back out to the wing. Be ready to receive the ball and think about what you'll do if you receive it.

4 Soccer Crossing Tips:

1. Start with a stationary ball (when learning to cross)

Crossing a stationary ball is easier than crossing a rolling ball. So master crossing a stationary ball before you try crossing **a rolling ball**.

2. Learn to beat defenders than cross quickly

Crossing is easy when you have open space but most of the time defenders will try to block your cross.

Learn how to beat a defender then cross quickly before he recovers. To do this, learn how to turn your body and legs rapidly without using a half circle run (covered in step one).

To beat a defender you can either touch the ball past him and use your speed or use soccer moves and tricks.

3. Cross to different areas

The middle of the box isn't always the best location for a cross. Cross to areas like the near post, back post and top of the box when you see a teammate making a run to those areas.

4. Look for teammate(s) with good finishing ability

Every teammate isn't created equal. Some teammates are experts at winning headers, using volleys to score, and making deadly runs.

If you cross consistently to a player that scores consistently you will be very effective on the field. Cross to effective player(s) as much as possible.

Having said that, don't develop tunnel vision for one teammate as you may miss another teammate that is in a great position to score.

- **FINISHING (run for crosses, clear –unpressured)**

Finishing comes down to the ability to score goals which encompasses shooting, heading, volleying, and creating chances in the final third.

Difference in shooting and *finishing in soccer*. *Finishing* is where you are working up close to the goal and most of the chances are from balls crossed (passed) in. Shooting is when you usually are taking a long shot and many times are not successful in scoring. *Finishing* is plain and simple

DEFENDING

1. Principles of defence:

✓ goal side

The key to being goal side is so that you make it harder for the opponent to score a goal. Being goal side, at the right time is going to be one of the most important things for a soccer player. You just don't see too many goals scored when the defender stays goal side

✓ Marking

Marking is an organized defensive strategy which aims to prevent a member of the opposing team (usually a striker) from taking control of the ball. Several marking strategies exist in football, and they mostly differ from each other according to the duties assigned to defenders, positioning and off-the-ball style

- ✓ **Man-to-man marking, or** man marking, is a defensive strategy where defenders are assigned a specific opposition player to mark rather than covering an area of the pitch
- ✓ **Zonal marking** is a defensive strategy where defenders cover an area of the pitch rather than marking a specific opponent. If an opponent moves into the area a defender is covering, the defender marks the opponent. If the opponent leaves this area, then marking the opponent becomes the responsibility of another defender.

The biggest advantage of zonal marking is its flexibility. When the team regains possession of the ball, players are still in their positions and can start an attack more quickly. Communication is very important when zonal marking is used, to ensure that no gaps are left in the defensive coverage. Zonal marking is more difficult when defending set pieces such as free kicks and corners, and most teams change to man marking in these situations.

The formation used by a team may dictate whether or not to use zonal marking. Teams playing 4–4–2 usually operate a zonal marking system, but teams playing a sweeper do not. Amongst professional teams zonal marking is the most common system: 15 of the 16 teams that reached the knockout stages of the 2004 UEFA Champions League used zonal marking

- ✓ **Today**, several modern defensive formations use a mixture of both man-to-man and zonal marking e.g. 3–5–2 formation (which defensively becomes a 5–3–2). This means 5 defenders: 2 stoppers marking man-to-man, 1 sweeper (sweepers always mark by zone), and 2 wingbacks playing almost like end-to-end side midfielders.

✓ Covering :

Cover, "Support", & "Depth" are related but different concepts. Whereas "support" means there should be several teammates within the immediate area of the ball (i.e., within the distance of a long pass on offense and a short pass on defense) and applies to offense (i.e., receivers supporting the passer) and defense (e.g., the Second Defender should back up the First Defender), "cover" is a defensive concept that has 3 meanings. One meaning refers to areas of the field that your "defense" should cover. For example, when the ball is on your end of the field, your defense must "cover" your Danger Zone & if the ball is in your Danger Zone your defenders must especially cover the area in front of your goal. The area your defense must cover depends on how far away from your goal the ball is, which side of the field it is on & who is faster, your fullbacks or the other team's forwards (e.g., if your fullbacks are faster then you can "push up" more because you have the speed to "recover"). A second meaning refers to a defender guarding an opponent (e.g., "His job is to cover the Right Forward"). The term cover is also used as a synonym for defensive support (e.g., "The Sweeper is responsible for providing cover for his fullbacks"). This

is similar to the concept of a free safety providing cover for his cornerbacks and linebackers in American football)

✓ Pressure:

This is the role of the first defender. The first defender is generally the person who is closest to the ball. Their primary role is to deny and control the penetration of the other team (they don't want the ball to get behind them). The role of the first defender is further broken down into four steps: approach, delay, control and tackle.

A. Approach – The first defender must engage with the attacker quickly – running towards them with pace, but then slowing down as to not allow the ball to get in behind them. Once they engage with the attacker, they need to get into an athletic position, legs bent, body balanced, feet ready to move.

B. Delay – In a good athletic position, the first defender slows down the attacker by moving with the attacker, oftentimes sort of shuffling side to side backwards. It's important not to let the attacker get too close while delaying, because then it will be too easy for them to dribble past you. A general rule is to keep the attacker just over an arm's length in front of you.

C. Control – Once the first defender has slowed down the attacker (delayed them) then they can start to control them, and channel them into one direction. Maybe that means force them to their non-dominant foot, maybe that means to force them to the sideline where there is less space, maybe that means to force them to the middle where there are defending teammates to cover. It's important to understand there is not necessarily a right and wrong here. Don't think your child is doing something wrong if they are forcing the attacker centrally, maybe that is what the coach wants them to do because the attacking team's strength is flank play (crosses).

The idea of pressing is to put pressure on the ball with the intention of winning it back off of the opposition. By forcing the opposition to complete an action in a pressured atmosphere, every aspect of that action is made more difficult. An action consists of both a decision and the execution of that decision – if these two aspects can be manipulated correctly, the opponent will lose the ball. Successful examples of this high energy style of play can be seen in the Borussia Dortmund side of 2013 who narrowly lost in the UEFA Champions League final that year.

Advantages:

The system can be tailored to expose particular weaknesses identified in the opposition. For example, if it is recognized that the passing ability of the players playing in the opposition's defense is limited then you would organize your team to press from the front.

The idea of pressing also forces the opposition to play their normal passing game under pressure, meaning the ball can be turned over through positional play and running off of the ball. This can help take the onus of the defense to do the 'defending' as it done by the whole team at large in this system.

Disadvantages:

One weakness to this system of defending is that it can be bypassed by using a more agricultural, direct style of playing. Should the opposition be able to switch the ball using a diagonal pass, or find an outlet by more direct means then it becomes more difficult to win the ball back by harrying the opposition.

The system also requires extremely high fitness levels in order to be executed. Players have to be able to close down options for the opposition by applying pressure to the player in possession. It is often hard to execute this style of play for the full 90 minutes without having trained extensively.

The system also requires high levels of communication and cohesion whereby if the front players begin to press it must be communicated and recognized by the midfield so that they can back them up and make the correct movements. If this is not completed with efficiency, then players are often seen closing down without support to no avail.

Example:

If we imagine that the ball has been passed from the right sided center back to the right back in this situation, the team pressing would put pressure on the right back and aim to cut off options.



✓ danger area

defending the danger areas immediately in front of goal during central attacks. it is the surface box, this is truth zone no defender allow to mistaken in this area

✓ Situations

Defending in a 1v1 situation

An individual performance often decides a game so it is a really important part for soccer players to develop and work on. Individual actions taken during games can strongly affect not only games but careers. There are attacking and defensive movements and defending in a 1v1 situation is one of these so we should discuss this topic in more details.

Defending is about avoiding to concede a goal not only about taking the ball away from the opponent. If a player can stop the opponent from scoring a goal then he did his job right. If he can get the ball then he did it even better. These statements result that the players defending always have to make a decision and with this decision they take a risk. They exactly need to know when and what to do. They need the right moment, the right pace, the right skills and the right situation on the pitch.

2v1 Defense

The first thing that the Cover player needs to do is to get into position. If he already is goalside of the ball, then it is a simple matter to shift up and over to establish the correct position. However, if he is upfield from the ball, then he must make an angled or looping run as he comes back to get into position. Why? He wants to keep his eye on the ball at all times, and he wants to be able to provide backup in the event that the Pressure player is beaten. As a result, he needs to estimate where along the path towards goal he would have to be to intersect the attacker if the attacker quickly got past the Pressure player, and then start heading for that spot. Then, as he sees that the Pressure player is managing to contain the attacker (so the risk of a break-through has gone down), he starts to angle around towards his ultimate Cover position.

Once in place, the Cover player becomes the "boss" of the defense - and it is his job to instruct the Pressure player on what to do next. Why? Because the Cover player can look around, while the Pressure player should have his eyes glued to the ball.

2v2 Defense

The next step is to train players in 2v2 defensive coverage. The role of the Cover player in 2v2 is more complex, because he has two jobs - to provide Cover and to provide marking for his off-ball attacker. As was discussed in Group Attacking, the 2nd attacker (off-ball close support) will be trying to help maintain possession when outside of scoring range. Therefore, it usually is possible for the Cover player to devote most of his attention to the ball (instead of this attacker) until about the time when the ball is approaching scoring range. He accomplishes this by stationing himself goal side of the Pressure player, at an angle and distance which allows him to keep an eye on his mark, while still being able to move to provide quick pressure if the Pressure player is beaten.

As a general rule of thumb, when there is another attacker in the vicinity, the Cover player will first determine how close this attacker is to the ball and to the goal. In general, the wider the attacker is laterally and the closer this attacker is horizontally to the ball, the wider the Cover player may want to play away from the ball (so that he can intercept any long passes which may be sent in behind him or get to the supporting attacker more quickly if the ball gets through). In other words, the wide attacker is sufficiently worrisome that he is forced to pull away from his Cover job somewhat, so that he can get to the wide receiver quickly. On the other hand, as long as the supporting attacker remains well behind the dribbler and well away from the ball, the Cover player can devote his main attention to the ball.

✓ **Defending around the box :**

- **central attacks**
- **attacks on the flanks**

for example ;

Defending in and around the box

Squad split attackers and defenders.

Defenders start on goal line (2 v 2 to start) play a diagonal pass into the attackers who combine together to score a goal.

Defenders press quickly toward the ball to prevent shots or attackers entering the area.

After a while increase numbers to 3 v 3 and 4 v 4, rotate roles to give attackers a chance to defend.

If defending team win the ball back can they play the ball through any of the attacking teams goals.

Technical

Defenders must communicate with each other, make quick decisions weather to press the ball, delay the play or track runners off the ball.

Encourage attackers to make overlapping runs to enhance defenders understanding of "passing players on" to avoid crossing over and maintain good shape.

Tactical

Defenders should:

Identify attackers weak foot, force the play onto their weaker side, away from their goal, keep the ball out of the box, prepare to block shots.

Physical

High physical demand when defending,

Psychological/Social

Awareness and focus

• **Goalkeeping technique**

✓ Movement techniques: starting Position

✓ Catching the ball:

cupping

Gripping low balls

Gripping High balls

✓ Diving techniques: low and high balls

- ✓ Goalkeeping play
- ✓ Positioning (narrowing the angle)
- ✓ Shot stopping
- ✓ Contending one on ones
- ✓ Dealing with crosses

lo.1.4: identify advanced level of football player's skills applicable to each position.

• Strikers skills

- ✓ Passing
- ✓ Shooting
- ✓ Heading
- ✓ Trapping the ball
- ✓ Feint and dribble
- ✓ Ball control
- ✓ Running with the ball
- ✓ Turning

• Attacking Play:

- ✓ Principles of attack (give support and passing -distance)
- ✓ Passing play (looking up)
- ✓ 2-1situations
- ✓ Runs (deep and diagonal runs)
- ✓ Finishing (run for crosses, clear –unpressured)

• midfielder'sskills

- ✓ Passing
- ✓ Shooting
- ✓ Heading
- ✓ Trapping the ball
- ✓ Feint and dribble

- ✓ Ball control
- ✓ Running with the ball
- ✓ Turning

- **Defenders skills**

- ✓ Principles of defense:
 - goal –side
 - Marking
 - Covering
 - Pressing
 - danger area
- ✓ situations
- ✓ Defending around the box:
 - central attacks
 - attacks on the flanks

Learning unit 2 –participate in football drills, activities, games and competitions

Lo 2.1 –undertake football drills, activities, games and competitions in a proper manner, according to relevant rules and organizational policies and procedures

- **Football drills:**

1. Passing drills
(you can watch this video on <https://www.youtube.com/watch?v=xvaD2AamMpU>)
2. Control drills
(you can watch this video on <https://www.youtube.com/watch?v=kPWm4fBxHD0>)
3. Shooting drills

(you can watch this video on <https://www.youtube.com/watch?v=tcoRi1OxFmo>,
<https://www.youtube.com/watch?v=ejiuZsEVhrw>)

4. Heading drills

(you can watch this video <https://www.youtube.com/watch?v=N1SSYAbalN8>)

5. Dribbling drills

(you can watch this video on you tube 5 Essential Dribbling Drills | Improve Your Dribbling with These Individual Training Drills)

6. Turning drills

(you can watch this video

<https://www.youtube.com/watch?v=AgYjTunpVZ8&list=PLz2XUCHIWD93O4Kx5pzoUyZwAnQTfJZ8B&index=68&t=0s>)

7. Crossing drills

(you can watch this video <https://www.youtube.com/watch?v=mh-ZyNNZN0c>)

8. Tackling drills

(you can watch this video <https://www.youtube.com/watch?v=wsftt3dmbnE>)

9. Goalkeeping drills

(you can watch this video https://www.youtube.com/watch?v=qZo_3nWlclA)

Take time to watch this drills on YouTube and go for practice, this will help you to must the ball and perform well

L. O .2.2- link the advanced level skills according to the performed formation of sequence movements in competition condition

Advanced skills of football:

- **Individual techniques**

- Passing
- Shooting
- Heading
- Trapping the ball
- Feint and dribble
- Ball control
- Running with the ball
- Turning

- **Attacking Play**

- **Principles of attack** (give support and passing -distance)
- Passing play (looking up)
- 2-1 situations
- Runs (deep and diagonal runs)
- Crosses
- Finishing (run for crosses, clear –unpressured)

- Defending

- **Principles of defense:**
 - goal –side
 - Marking
 - Covering
 - Pressing
 - danger area
- 1v-1 situations
- Defending around the box :
- **central attacks**
- **attacks on the flanks**

- Goalkeeping technique

Movement techniques: starting Position

- Catching the ball:
 - cupping
 - Gripping low balls
 - Gripping High balls
- Diving techniques: low and high balls
- Goalkeeping play
- Positioning (narrowing the angle)
- Shot stopping
- Contending one on ones

- Dealing with crosses

L O. 2.3: maintain effective communication with team members and coach during drills, activities, games and competitions

Effective communication may include

- **Verbal signals**

Verbal communication includes sounds, words, language, and speech. Speaking is an effective way of communicating and helps in expressing our emotions in words. This form of communication is further classified into four types, which are:

1. Intrapersonal Communication

This form of communication is extremely private and restricted to ourselves. It includes the silent conversations we have with ourselves, wherein we juggle roles between the sender and receiver who are processing our thoughts and actions. This process of communication when analyzed can either be conveyed verbally to someone or stay confined as thoughts.

2. Interpersonal Communication

This form of communication takes place between two individuals and is thus a one-on-one conversation. Here, the two individuals involved will swap their roles of sender and receiver in order to communicate in a clearer manner.

3. Small Group Communication

This type of communication can take place only when there are more than two people involved. Here the number of people will be small enough to allow each participant to interact and converse with the rest. Press conferences, board meetings, and team meetings are examples of group communication. Unless a specific issue is being discussed, small group discussions can become chaotic and difficult to interpret by everybody. This lag in understanding information completely can result in miscommunication.

4. Public Communication

This type of communication takes place when one individual addresses a large gathering of people. Election campaigns and public speeches are example of this type of communication. In such cases, there is usually a single sender of information and several receivers who are being addressed

- **Visual signals**

are any means of communication that require sight and can be used to transmit prearranged messages rapidly over short distances. This includes the devices and means used for the recognition and identification of friendly forces.

Types of Visual Signals The most common types of visual signals are arm-and-hand, **flag** (especially use in football match by the referees.), pyrotechnic, and ground-to-air signals. However, soldiers are not limited

to the types of signals discussed and may use what is available. Chemical light sticks, flashlights, and other items can be used provided their use is standardized within a unit and understood by soldiers and units working in the area.

- **Codes for player's names**
- **Codes for different plays**

LU.3. review advanced skills performance.

LO. 3.1: review of advanced level skills practiced throughout drills, activities, games and competitions

Review of advanced skills

We have to make individual practice on this offensive and defensive skills as well as Attacking Play

Individual Offensive skills

- Passing
- Shooting
- Heading
- Trapping the ball
- Feint and dribble
- Ball control
- Running with the ball
- Turning

Individual Defensive skills

- Goal –side
- Marking
- Covering
- Pressing
- Danger area
- Offensive

• Attacking Play

- Principles of attack (give support and passing -distance)
- Passing play (looking up)

- 2-1 situations
- Runs (deep and diagonal runs)
- Crosses
- Finishing (run for crosses, clear unpressured) up)
- 2-1 situations
- Runs (deep and diagonal runs)
- Crosse

LO.3.2: settings identify strengths and areas requiring improvement throughout drills, activities, games and competitions

- **Strengths and areas of football skills**

- **Mental**

- Attitude
- Motivation
- Commitment
- Confidence
- Concentration
- Self control
- Risk taking
- Resistance to stress
- The desire to progress
- Psychological endurance

- **Technical**

- Offensive
- Defensive

- **Physical**

- Balance
- Flexibility
- Endurance
- Speed

Coordination

1. Equilibrium

2. Differentiation
3. Orientation
4. Rhythm
5. Reaction
 - Reaction time
 - Strength

LO.3.3: identify conditions and external influences affecting conduct of activities according to the identified contingency strategies to improve future sessions

- Conditions and external influences affecting conduct of activities

- ✓ Environmental or weather conditions In hot environmental temperature, the challenge of maintaining heat balance is much greater. The physiological changes during exercise in a hot environment include an increase in skin blood flow, higher heart rate to support metabolism vasodilation in skin blood vessels to dissipate the heat from the skin and activate
- ✓ Support staff: like Coordinator of Operations and Video Coordinator
- ✓ Spectators
- ✓ Parents
- ✓ Referees and administrators
- ✓ Other coaches

Reference(s):

1. FIFA coaching manual
2. FIFA Goalkeeping manual
3. <https://www.slideshare.net/proffernandofarias/fifa-coachingmanual>
4. <https://northernnsfootball.com.au/coach-headquarters/football-skills/>
5. http://www.ferwafa.rw/IMG/pdf/reglement_des_competitions-min.pdf
6. <http://www.cafonline.com/LinkClick.aspx?fileticket=DM45ldVYp2A%3d&tabid=125&portalid=0&mid=590&language=en-US>

